

# BERA BODYBUILDING CLUB

**Gymnasium – Bldg 461, Center Street**

<http://www.bnl.gov/bera/activities/bodybldg>

## **GYM HOURS:**

**MONDAY – FRIDAY: 7-9am & 11am-9pm**

**SATURDAY: 10am-2pm**

**(closed Saturdays between Memorial Day thru Labor Day)**

## **JOINING the BERA Body Building Club & MEMBERSHIP DUES:**

- The BERA Body Building Club Weight Room is located in the rear of the gym in Bldg 461.
- Admission for Members only!!!
- Membership fee is \$25/calendar year (Jan-Dec) and \$15 for Summer Students or Post-docs.
- **NEW MEMBERS & RENEWALS ~**
- **MAIL** your **CHECK** payable to **BERA BBC** to Joanne Rula-Delles, Bldg. 400A. Be sure to include your name, life number and email, *even if you are renewing!*
- **Only exception:** Family member or guest/contractor (new or renewal), must see Joanne at the Recreation Office, Bldg. 400A for a special entry badge and bring proof of medical insurance.
- Weight room membership is open to employees, guest/contractors, post-docs, spouse/partner and children over 18 only! No other extended family and NOT open to the public.
- Retirees are FREE.
- Day Passes for visitors are available for \$3 per day.
- To schedule a tour, please call ext 5090.
- Link to BERA Body Building Club website:  
<http://www.bnl.gov/bera/activities/bodybldg/>

## FREE Gym Orientation, Safety, and Instruction

All new members are expected to participate in at least one (1) orientation/training session with our Certified Personal Trainer Claire Ondrovic. Claire will be in the gym twice a month on certain Tuesdays and Thursdays to give FREE assistance & guidance to all members.

Check the website for updates: <http://www.bnl.gov/bera/recreation/fitness.asp>

Claire will be at the gym between 5-7pm on:	
Tuesday, May 8	Thursday, May 17
Tuesday, June 12	Thursday, June 28
Tuesday, July 10	Thursday, July 19
Tuesday, August 14	Thursday, August 23
Tuesday, September 11	Thursday, September 27
Tuesday, October 2	Thursday, October 25
Tuesday, November 6	Thursday, November 15
Tuesday, December 4	Thursday, December 13

### Gym Etiquette

1. Always make sure there is someone in the vicinity - do not work out alone.
2. Wipe down the equipment when you are done.
3. Don't monopolize weight equipment; let others work in with you.
4. Return plates and dumbbells to their racks when you are done.
5. If you see any conditions or actions which you feel are unsafe, contact one of the BBC officers.
6. The time limit on cardio equipment is 20 minutes. Be considerate of others, and don't go over the time you signed up for.
7. CLEAN sneakers are required. No work boots, no cleats.
8. Do not bring additional equipment, such as bicycles, into the gymnasium or weight room.
9. Follow posted hours for work outs and locker room use. You must vacate all facilities from 9am-11am for cleaning.
10. Please attend one of the FREE twice monthly orientations to familiarize yourself with the equipment, and certainly ask your fellow BNLER's for assistance.